

NATURAL FOLK REMEDIES

Top 100 Natural Cures
For Just About Anything



KING CAJUN

Preppers Guide to the Galaxy Series “ Folk Remedies ”

Top 100

Natural Cures

For Just About Anything.

By King Cajun

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Book Description

The book provides knowledge about folk medication and remedies that have been and still are being used for disease relief. It explores the historical significance of folk remedies, their origination and their prevalence over the ages. It also focuses on the comparison of modern and traditional medications and their adoption amongst patients in recent times. This book also elaborates on the benefits of folk medicines and the criticism it has to endure due to the onset of modern medication techniques. The basic idea behind this book is to provide 100 home remedies that are available for your disease or problem. These remedies are divided into categories of herbs and spices, fruits and vegetables, and nuts and other products. People have utilized these home remedies throughout our history.

This book provides the knowledge, origination, and advantages of the remedies discussed. These remedies have been overcome by modern medication and techniques. The lack of side effects when using these remedies helps a person achieve desired results without any worry of complications. The use of the old folk remedies is on the upswing today because people are realizing the dangers posed from using the more conventional mainstream medications that big pharma wants you to depend on.

Introduction

Folk medicine occasionally referred to as alternative or traditional medicine is a branch of medicine that has an extensively long history. Folk medicine has been used to gain health and healing for all sorts of mental and physical disorders.



Two thirds of the world's population lives in countries that have inadequate resources for deploying modern medicine. Most of the world has terrible health care systems in place or no system in place at all. For this reason folk medicine is formally acknowledged in most areas of the world today. In some parts of the world, where people have access to facilities and modern

medical care, folk remedies are still extensively used due to their perceived effectiveness.

In recent years, more attention has been given to advances in traditional medicine and not enough in areas pertaining to folk remedies. The cures and remedies left on the table and not being pursued is staggering. If the WHO (World Health Organization) had recognized this segment of medicine early on, the situations would have been radically different today. Many more lives could have been spared and great suffering may have been avoided.

Here are some facts to think about:

According to the statistics of WHO, the proportion of population in Canada who use folk remedies to cure their problems is 70%, 48% in Australia and 38% in France respectively.

In the US approximately one in every two Americans or 50% uses some sort of folk medicine or folk remedy each year.

In the United Kingdom, the number of the consultations provided by specialists in folk medicine reached up-to 13 million per year, or one out of every four cases.

Based on the new WHO survey, many patients are dissatisfied by traditional medicine and are seeking and receiving effective results when they switched to a folk medicine regiment.

There are countries in existence still today, where a large part of the indigent population will not use anyone but the services of a witch doctor or natural folk healer. However, even developed countries are showing increased interest in natural folk medicine healing simply because it is easier to obtain and cheaper to administer.

Nearly one third of the world's population has no access to modern health services and is gravitating back to the more traditional roots of medicine.



In 2002, a traditional medicine strategy was developed by WHO which recommended a closer observation of folk medicines. The strategy for studying and investigating the competence of traditional treatment methods while incorporating the very best of folk medicines into the modern world healthcare systems was deployed.

More countries are increasingly realizing the added value and contributions of folk medicines in the world today. Folk remedies add to medical advancements in healthcare systems and the general welfare of human beings. Governments are showing interest in the use of herbal medicines, and have now started exploring its numerous practical uses. They are considering the possibility of integration of traditional medicine with modern

medicine in the healthcare systems of today. This shift is because of the effectiveness of techniques used in folk medicines and the fact that folk remedies are much more economical than the so-called modern medicines of today.

We must always remember that any traditional medicine use is based upon its healing potential and involves a certain amount of knowledge and skill to administer. Folk remedies and medicines consist of the experience of generations. Healing knowledge for different disorders has been passed down through the ages and can be and is very powerful. It is vital to be informed and careful about possible compound interactions before using any traditional folk treatments. A planned approach must be used when switching to folk medicine recipes and concoctions. Furthermore, you should never try treating yourself with folk medicine and techniques without proper research and a consultation.

Always remember that folk remedies must not be substituted for a doctor's recommendations. It is worth looking into patients using a combination of folk medicine and modern medicine in order to obtain the best results and outcome. It is vital to know exactly how you should combine these methods. Though folk medicine has its benefits, one should use these remedies only after consulting with their doctor.

For instance, there are drugs that can treat Malaria very rapidly and effectively, but there is no known traditional medicine that is an effective cure for it. Trying to treat this ailment with a traditional remedy without a doctor's guidance could prove fatal. Another example, erysipelas (streptococcal infection), should be treated with modern antibiotics, if folk remedies are used, the main symptoms of the disease will vanish, but the infection can still become chronic and embed itself deep in the tissue and cause some nasty problems for the patient. With that said, AGAIN, one should ALWAYS consult a doctor before trying out a folk remedy on an ailment. Never try any medicine other than one that is medically prescribed by your doctor for you to treat your problem.

Having a very extensive history and deep rooted in the practices of various cultures, folk medicines are used worldwide today.

The most widely used remedies are:

- Herbal medicine or phytotherapy – it comprises the use of herbs and parts of plants to help treat several disorders;

- Hirudotherapy or leeching – in this method leeches are used for medical treatment by bloodletting the patient
- Shilajit treatment - the subject of scientific research in Russia and India since the early 1950s. Though there is no clinical study to support any benefits to human health, some observed effects in animal models include it to be an anti-inflammatory, anti-ulcer, anti-anxiety, anti-stress, and an anti-aging remedy.

In the former Soviet Union, medical preparations based on Shilajit are still being sold, developed and further investigated. In India, dietary supplements based on Shilajit are also very popular, mainly due to its effects on male impotence and premature ejaculation.

- Juice therapy – the use of fresh juices for curing several medical problems
- And last but not least the folk treatment with propolis; an excellent natural antibiotic and immune system booster collected by bees

Chapter 1 – What is a folk remedy?

A folk remedy is any health remedy which originates from a pre-scientific source, mostly through oral tradition, passing down from parents and grandparents. Folk remedies tend to remain popular among people who continuously use them. Many of these cures and remedies have remained in use because they have been packaged as prescribed as a mainstream medicine.

Folk remedies preexist the time of modern medicine and are quite distinguished from the scientifically studied medicines we use today. These remedies range from effective to completely and totally ineffective. Some folk medicines may be provable, but others are clearly not. Folk remedies were invented by people utilizing what was on hand before mainstream medicines became widely available. Basic ingredients in most folk remedies of the 19th century in the United States included turpentine, sassafras tea, coca leaves, cannabis, and whiskey. They claimed to cure everything from gangrene to gonorea. In the early 1900's, a doctor's medicine bag contained many of these old remedies which proved effective in the fight against certain ailments. Nearly 95% of an early doctor's remedies contained some form of cannabis or cannabis extract which was considered effective in treatment of a huge array of illnesses and ailments.

"Traditional medicines" of pre-scientific origin were usually a jumble of practices handed down from generation to generation and were not part of any larger medical system. For instance, traditional Chinese medicine such as acupuncture or indigenous tribal medicines including shamanic practices, and homeopathy, were practiced as standalone remedies and were not part of any known medical system.

It should be stated that folk remedies are still very much a part of modern culture. We still have an oral tradition of passing along remedies to our children and friends or spreading them over the internet. Someone who tries colonics or some type of exotic trendy diet, might get excited with the results and tell their friends, who in turn, will try the remedy solely because someone recommended it to them. This decision to try the remedy is done without conducting research to determine whether the remedy will prove effective and actually useful. Modern folk remedies include tea tree oil, colloidal silver, shiitake mushrooms, DMSO, and ear candling (which contain a great risk of injury to the patient and no known medical health benefits).

There may be no harm in trying these types of remedies for benign conditions, but if one has a serious medical condition or a medical emergency such as a poisonous snake bite, using a folk remedy may surely spell trouble. On the other hand, there is mounting evidence that medical cannabis does have some health benefits and may in fact cure cancer and a host of other diseases. Further research in this area is needed. But as a whole, you can understand why man's life expectancy at the turn of the 20th century was less than half of what it is today.

Chapter 2 – Historical Significance of Folk Medicine

The history of folk medicine originates back 5000 years. The dispensation of history is divided into 3 eras; the classic historical era, the medieval era, and modern era.

Classical history



The study of herbs goes back 5,000 years to the ancient Sumerians, who developed well-established medicinal uses for plants and herbs. In Ancient Egyptian medicine, several of folk remedies and magical medical practices were documented by the Ebers papyrus from c. 1552 BC. The Old Testament also

discussed herb use and cultivation in relation to Kashrut or Kosher, meaning fit.

Many herbs, elements and minerals used in Ayurveda, (or Life-Knowledge a system of Hindu medicine) were mentioned by ancient Indian herbalists such as Charaka; a term used as a label for "wandering scholars" or "wandering physicians". They believed health and disease are not predetermined and life may be prolonged by human effort and attention to lifestyle with the prevention of all types of diseases having a more prominent place in life than treatment. Sushruta an ancient Indian surgeon commonly attributed to as the author of the treatise Sushruta Samhita and dubbed as the "founding father of surgery" during the 1st millennium BC mentioned the use of herbs and compounds in his writings.

Shennong Ben cao Jing, the first Chinese herbal book of medicinal plants, was compiled during the period of Han Dynasty. The writings origins date back to a much earlier time than when it was first compiled. It was rewritten and later upgraded during the Tang Dynasty as the Yaoxing Lun (Treatise on the Nature of Medicinal Herbs).

Early Greek compilers of existing and current herbal knowledge and methods were Aristotle, Hippocrates, Dioscorides Theophrastus, Pythagoras and his followers, and Galen.

Roman sources of folk remedy compilers are Pliny the Elder's Natural History and Celsus's De Medicina. Pedanius Dioscorides continued and improved earlier authors' work for his De Materia Medica, including new material and discoveries; the work was translated into quite a few modern languages. Turkish, Arabic and Hebrew names were included to it over the period of centuries. Latin manuscripts of De Materia

Medica were joined with Latin herbal by Apuleius Platonius (Herbarium Apuleii Platonici) and were combined into the Anglo-Saxon codex Cotton Vitellius C.III. These Greek and Roman compilations turned into the backbone of European medical theory and were translated by the Persian Avicenna (Ibn Sīnā, 980–1037), the Persian Rhazes (Rāzi, 865–925) and the Jewish Maimonides.

Medieval Ages



Arabic native medicine was the product of the conflict between the magic-based medicine of the Bedouins and the Arabic translations of the Hellenic and Ayurvedic medical archives. The Arabs had an influence on Spanish native medicine during the era starting from 711 and ending in 1492. Muslim physicians and botanists such as al-Dinawari and Ibn al-Baitar considerably grew on the earlier knowledge of materia medica. The most prominent Arabic medical treatise was Avicenna's *The Canon of Medicine*; this was an initial pharmacopoeia and introduced the technique of clinical trials. The Canon was interpreted into

Latin in the 12th century and remained a prominent medical authority in Europe until the 17th century. The Unani system of traditional medicine is also founded by the Canon.

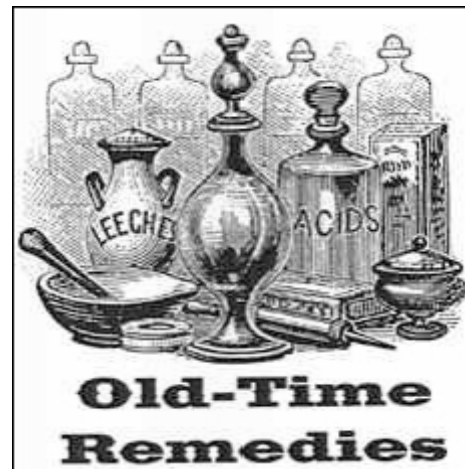
Interpretations of the early Roman-Greek compilations were converted into German translation *Kreuter Buch* by Hieronymus Bock which was published in 1546. Further, the book was translated into Dutch as *Pemptades* by Rembert Dodoens (1517–1585), and from Dutch into English by Carolus Clusius, (1526–1609), published by Henry Lyte in 1578 as *A Nievve Herball*. This became John Gerard's (1545–1612) *Herball or General Hiftorie of Plants*. Each new work was a compilation of existing texts with new up-gradations and additions.

Women's folk knowledge was also present in undocumented forms along with these texts. Forty-four drugs, diluents, flavoring agents and emollients mentioned by Dioscorides are listed in the official pharmacopoeias of Europe. The Puritans took Gerard's work with themselves to the United States where it influenced American Native medicine.

Francisco Hernández, physician to Philip II of Spain spent about seven years from 1570 to 1577 during this era he managed to collect information in Mexico and then composed "*Rerum Medicarum Novae Hispaniae Thesaurus*", many versions of which were later published including one by Francisco Ximénez. Both Hernandez and

Ximenez fixed Aztec ethno medicinal information into the European conceptions of disease such as "warm", "cold", and "moist", but indefinite that the Aztecs used these terms and categories. Juan de Esteyneffer's Florilegio "medicinal de todas las enfermedades" assembled European texts and included 35 Mexican plants in it.

Martín de la Cruz composed an herbal writing in Nahuatl language which was translated into Latin by Juan Badiano as "Libellus de Medicinalibus Indorum Herbis" or "Codex Barberini", Latin 241 and given to King Carlos V of Spain in 1552. It was apparently written in hurriedness and based upon the European occupation of the last 30 years. Fray Bernadino de Sahagún's used ethnographic techniques to compile his codices that then became the "Historia General de las Cosas de Nueva Espana" and published in 1793. Castore Durante published his "Herbario Nuovo" in 1585 explaining the qualities and uses of medicinal plants from Europe and the East and West Indies. It was translated into German in 1609 and Italian editions were published in the following century.



Modern usage



In the new century, folk medicine was observed as a practice used by destitute communities and quacks. However, the rejection of artificial or biomedical products has become an increasing trend in Western culture which allowed for an increased demand for natural and traditional medicines. When considering the less developed countries, it is estimated that more than

50% of the world’s population depend on folk and traditional medicine practices. The popularity of traditional medicine in several areas of the world varies based on cultural and social norms. However, today's modern medicine is formerly based on plants that had been used in folk medicine in the past. Some researchers single out a significant factor that several of the alternative treatments that are tested are "statistically vague from placebo treatments".

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Chapter 3 – Knowledge creation and Transmission process of remedies



Folk medicine and its remedies are normally transferred orally through a community, family and individuals until they are collected and documented. Within a particular culture, essentials of native medicine knowledge may be known by many people, or might be gathered and practiced by a specific healer such a shaman or a midwife.

Three basic aspects legitimize the role of the healer – the beliefs of the healer, the success of the actions he conducts and the beliefs of the community he is operating in. When the claims of native medicine get rejected by a culture or society there is still people who use this type of medicine. There are usually three types – those who are born and socialized in it become perpetual believers, momentary believers who turn to folk remedies in the time of crisis and desperation, and those who only believe in certain particular aspects and areas of it but not in all of them.

Components of a particular culture are not essentially integrated into a logical coherent system, and may be conflicting. In the Caribbean, native remedies fall into numerous classes: some well-known European medicinal herbs introduced by the initial Spaniard colonials that are still commonly cultivated but may be outlawed by the respective government. These plants grow natively wild now and others are cultivated. The plants encompass a wide array of uses which have been embraced by the Amerindians of Central America. These plants are of a comparatively modern introduction and their uses have been explored without any historical foundation to their effectiveness. Rights of title may be claimed by numerous populations in native medical knowledge. Use of the claimed knowledge without Earlier Informed Consent is called biopiracy and is the case for many natural remedies we know today.

Chapter 4 – Natural Cures and Remedies Through Herbs & Spices

Herbs and spices are considered to be the most basic while at the same time being a major component used in folk remedies and cures. These remedies are not rare! They are not herbs that can only be found in some exotic place but rather they are very easily available in the pantry shelves of any kitchen of any ordinary home.



Next, discussed are some basic herbs and spices enlisted along with their remedies for everyday use that have been passed down from generation to generation.

Cinnamon- Studies shows that half a teaspoon of cinnamon consumed per day can lower LDL cholesterol. Cinnamon also helps with diabetes, arthritis, and even

with severe diseases such as leukemia.

Aloe- It is most commonly used for sun-burn; however, it can also be used in treating wounds and other sorts of skin inflammation. Studies also suggest that aloe can be very helpful with constipation.

Eucalyptus- It is often found in products such as Vaporub. It is very helpful in clearing congested sinuses as well as relieves pain. Menthol or camphor can be used as a substitute for it.

Tumeric- part of the ginger family; can be very useful for a range of home remedies. Diseases treated by turmeric include allergies, obesity, Alzheimer's, certain cancers, and many more.

Oregano- It is stated that one teaspoon of oregano contains as much antioxidants as three cups of broccoli does. Just add a little to your favorite pizza, pastas, sandwiches, and other foods to experience its full benefits.



Rosemary- This green dried grass-like spice helps in improving heart health. It also relieves and reduces inflammation that may cause or add to many diseases.

Thyme- It is quite similar to Oregano, but this spice is higher in antioxidants. Studies are still exploring its benefits against respiratory illnesses and dysfunctions.

Curcumin- This spice is the part of the turmeric family. Sprinkle a little into your dish to get its cancer fighting and anti-inflammatory benefits.

Ginkgo Biloba- It is usually used as an herbal remedy for heart patients and may also be helpful for erectile dysfunction. The herb has the ability to improve blood flow in the arteries of the body.

Ginseng- This Asian herb is also used to treat similar diseases as those of Ginkgo Biloba. Do not to mix the two.

Cayenne Pepper- One doesn't have to belong to Cajun country as I do, in order to enjoy the healthy therapy of cayenne. Man I love me some red pepper! Cayenne pepper can be mixed with water and drank to treat a sore throat. It is also known to increase body metabolism and help burn off unwanted fat.

Pepper- Black pepper not only helps enhance your food taste, but it also has other benefits. It is indigestible however it stimulates hydrochloric acid production which helps improve digestion, reduces ingestion and helps eliminate or at least reduce gas.

Dried Red Peppers- These include cayenne but also include paprika and other types of chilies. These spices aid to stimulate digestion and burn extra fat.

Tea- contains nutrients called kaempferol, a cup or four of tea consumed a day may help in the fight against cancer due to its antioxidant properties.

Green Tea- has a high content of antioxidants and polyphenols which makes it better than other teas to consume. It helps combat cancer, stimulates metabolism, boosts the immune system, and also does much more.

Tea Bags- Apart from having to drink it to enjoy the benefits of tea; placing warm moist tea bags over the eyes can help reduce stress and lighten pink eye irritation.

White Tea- belongs to the family of green tea; and helps fight viruses and kills some types of bacteria. It has been used as a natural antibiotic for thousands of years.

Black Tea- helps battle heart disease and stroke. It contains fluoride which contributes to dental health.

Oolong- helps burn calories, increase blood flow, and build stronger bones. It also is used in relieving an upset stomach because of its soothing properties.

Chai Tea- contains super antioxidants for fighting cancer as well as helping in improving digestion. It is readily available at your local coffee shop and is worth a try.

Vanilla Tea- is a brilliant choice for diabetics. Not only will it satisfy the sweetness cravings, but may actually help control blood sugar levels.

Red Tea- is most popular in Africa; it contains flavonoids that are useful against many diseases. It helps improve the nervous system, dissolve kidney stones, and also be used as a strong tranquilizer. Good stuff!

Chamomile- is used when one suffers from nervous disorders such as insomnia, panic attacks, and twitches. It also helps relieve menstrual cramps and peptic ulcers.

Jalapenos- These peppers increase your metabolism and help burn fat. Actually, any spicy foods that contain hot peppers of any kind have similar metabolism boosting properties.

Chapter 5 – Natural Cures and Remedies through Fruits & Vegetables

The second most basic category of remedies is fruits and vegetables. Many fruits and vegetables are used in the creation of home remedies. To cure regular and uncommon diseases alike, a huge range of common fruits and vegetables are used in a wide array of concoctions. Sometimes they are used raw and sometimes processed. Sometimes they are combined with herbs and spices to pack a bigger punch in the eradication of certain diseases. The list to follow contains some very basic fruits and vegetable used in home and folk remedies. There are some in the list that can carry over to the spice list however we listed them here for continuity.



Ginger- was used as a remedy for centuries; the ginger root helps with many modern diseases which include, among others, ovarian cancer, motion sickness, and heartburn.

Garlic- has been used in preventing the flu as well as a deterrent to the Bubonic plague. Raw garlic has also been used for a range of illnesses and disorders one of which includes an acne treatment and another use is managing cholesterol

levels in the blood.

Aloe- is mostly used to cure sunburn, and can also be used as an antiseptic to treat wounds and other types of skin inflammation. .

Avocado- is usually used as a key ingredient in facial mask skin treatments. The avocados contain oils with high levels of Vitamin E that are considered vital for healthy skin. The Avocado can per processed in a blender and pureed then applied to your face soaking in for 20 to 30 minutes for a maximum level of rejuvenation.

Pomegranate- helps as an anti-aging compound and is known to help in fighting cancer. The most benefit comes from ingesting a pomegranate raw or juiced as one of

the major ingredients in a drink along with other items in this list.



Acai Berry- Acai berries are well known for their antioxidant properties. These help eradicate cancer causing free radicals and guard against other illness and are often found in juices or granola.

Watermelon- contains high levels of glutathione in the meat and pulp of the fruit and is a great antioxidant. Also, because the melon contains high levels of water, it can also help alleviate dehydration.

Grapefruit- contains a very high amount of Vitamin C and increases fat burning potential. It also contains flavonoids and other important nutrients needed for health. This fruit can be bad for your health if eaten with certain medications as it negates or exaggerates their effects. Also when it is sweetened, it loses some of its healing potential.

Cherries- help with arthritis and joint problem. Black cherries are known to cure Gout by dissolving the built up lactic crystals. The Arthritis Foundation suggests drinking of tart cherry juice mixed with water three times a day for its anti-inflammatory and arthritic reversing properties.

Oranges- are one of the most abundant sources of Vitamin C and also has many other uses. The peel of an orange can be scrubbed against rough dead skin as a remedy for the drying and cracking.

Apples- Conditions in which the apples can help include the prevention of cancer and Alzheimer's along with diabetes and cholesterol management. An Apple a day really does keep the doctor away!

Berries- Both raspberries and blueberries hold high levels of antioxidants and other nutrients that help in numerous conditions. Those suffering from allergies will benefit from a daily dose of these fruits due to their antihistamine properties.

Tangerines- are known to slow the growth of cancer cells. Like many other citrus fruits, it contains the cancer fighting substances called flavonoids.

Papaya- fruit contains high levels of Vitamin C, E, and others which help to combat a number of diseases. It's ideal uses range from combating a cold or fighting cancer.

Elderberry- was used to treat a Panamanian flu epidemic in 1995. The antioxidants contained in this fruit are a great force against viruses. It is available as a juice or supplement and can help improve cholesterol levels, vision problems, and improve overall heart health.

Mushrooms- are a great remedy that most do not know about. Picking the right mushrooms is imperative since several species are poison. The eatable types are known to have both antioxidants and selenium which boosts the immune system. The best kind of mushroom to ingest is the button mushroom. This type of mushroom is widely available. Be careful when picking mushrooms in the wild as this practice can be very risky for the person who is not knowledgeable in the subtle differences of each. One can be highly poisonous and another highly beneficial.

Cabbage- It contains both antioxidants and glutathione, which helps improve the function of the immune system. Traditional, white, red, and even Chinese cabbages are all perfect sources for its healing properties.



Wheat Germ- contains zinc in addition to Vitamin B, is full of antioxidants, and is a natural antibiotic which helps in the battle with infections. To avoid a bitter bad taste it can be substituted for part of flour in your recipe to reap all its benefits.

Spinach- leaves helps increase cell production and is an excellent source of iron. It is high in needed fiber and rich in Vitamin C.

Broccoli- helps in boosting a compromised immune system and is full of Vitamins A, C, and D. It helps with a variety of illnesses and infections.

Sweet Potatoes- are laced with immune boosting beta-carotene and are also lower in carbohydrates and contain high levels of Vitamin A that aids in eye health.

Legumes- can be used as a meat substance for those looking for protein without animal fat.

Soy- is known to have a wide range of beneficial properties. Varieties of soy such as tofu and miso contain cancer fighting nutrients known as phytochemicals.

Tomatoes- contain extreme levels of lycopene which helps reduce risk of cancer.

Cauliflower- helps the production of sulforaphane in the body to protect healthy cells from being devoured by cancerous cells.

Bananas- are the best remedy for a hangover. Instead of getting drunk again or having a Bloody Mary and instead of a pot of black coffee eat a banana. Bananas are high in potassium. Potassium depletion is thought to be the source of a hangover. You can replace the potassium that was exhausted during a long night of drinking. It also helps with soothing an upset stomach and curbing nausea.

Tibicos- is an ancient and largely unknown tea which helps cure endless diseases and illnesses. This tea is known to have been used by Mother Theresa.

Chapter 6 – Natural Cures and Remedies through Nuts & Other Related Items

More elements such as extracts, nuts, and juices that are traditionally used in curing diseases and ailments are documented in the upcoming text. The use of nuts in traditional medicine is an older practice than any other of the components discussed here. They are still as effective and reliable today as they were millennia ago. Below is the list of nuts and other elements that have been constantly used as part of a folk remedy regiment over the course of time.



Water- (Duh!) is the source of life on this planet. This goes without saying, but was worth including and mentioning here as it is vital to life and healing and is needed in any situation. Without water for a short time dehydration will begin to set in and will cause death in

around 72 hours. Dehydration may cause a range of symptoms such as fatigue or headache, or it can cause a more serious electrical imbalance in the heart muscle. So at times, a plain glass of water will work amazingly fast to correct the lack of hydration issue. Other problems that arise from lack of water consumption consist of increased heart rate, palpitations, dark urine, muscle cramps, and nausea. The average person needs and should consume eight to ten glasses per day. Any less than this amount of water and you are slightly dehydrating yourself all the time.

Club Soda- helps with an upset stomach or it can also be used to alleviate dehydration. As it is sugar free, unlike regular sodas, it is perfect for those that wish to get the benefits without the sugar. For those who like a low carb drink with alcohol, Club Soda makes a great mixer. It, when mixed with Gin, is a great, relatively low

calorie alteration to mixing a nightcap with a sugary soft-drink. An added fact is that it is good for removing stains!

Chocolate milk- drunk after a vigorous workout, will actually be beneficial as a recovery drink.

Honey- helps in healing wounds and fighting infections due to its antibiotic properties. It is said to be one of the oldest known remedies throughout the world. It has been used throughout history to fight diarrhea, indigestion, stomach ulcers and gastroenteritis.

Apple Cider Vinegar- has been used to treat many ailments which include aches, pains; lack of energy, warts, and it is even used on animals for various things. It also can be used as an insect repellant when applied to the skin.

Lemon Water- Combining lemon with water alkalizes both your blood and body, and keeps it from becoming too acidic. It is also known to help relieve and cure the symptoms associated with Gout.

Hydrogen Peroxide- This helps a wide range of ailments from allergies to gingivitis. The bacteria that cause gingivitis are considered to be anaerobes (they grow better without oxygen). Gargling with hydrogen peroxide kills these bacteria because of the rich oxygen environment it creates when you wash out your mouth.

Milk- Drinking a glass of fat free milk before lunch helps decreased appetite and calorie intake compared to say, drinking a glass of fruit juice.

Almonds- are one of the healthiest of all the nuts species available. It is a known fact through extensive research that people with a diet rich in almonds tend to lose more weight than those without an almond enriched diet. Almonds are also known to help improve and regulate blood pressure.

Vinegar- Certain studies state that vinegar may increase metabolism. This helps the body process food and burn extra calories.

Evening Primrose Oil- is extracted from the plant, evening primrose, and contains a vital fatty amino acid that helps boost metabolism. Other benefits of the oil include combating high cholesterol, muscle fatigue, improper hormone levels, and so on.



Make It Raw- I know this is not actually an element but it needed a mention here as cooking food elements may remove vital nutrients while leaving most, if not all, of the fat. Some average people and celebrities select foods that can be eaten raw and eat a diet based solely on raw foods. There is research that points to this being the best and most easy way for the body to digest and process the nutrients contained in the raw food eaten.

Coconut- oil is said to contain weight loss, anti-aging, and cancer fighting properties. There is new research that states that Coconut oil taken with Cannabis oil is known to help the Cannabis oil reduce and alleviate cancer tumor growth. Take a tablespoon or two with your dose of the other elements before meals and see if it works for you like it has for others. For more information search “Rick Simpson Oil” and “Coconut Oil Cure” and see what you think.

Pine Nuts- used as a garnish on dishes helps naturally decrease the appetite and therefor food intake as they contain pinolenic acid (an omega-6 fatty acid) a natural appetite suppressant.

Flaxseeds- They also help suppress appetite like pine nuts. The seeds also contain omega-3 fats and fiber which are equally beneficial. Flaxseed meal can be used as an egg substitute for those who are allergic to eggs.

Toothpaste- can also be used for acne spot treatment. Apply any regular toothpaste to the affected area and like magic you will see results in no time. You will feel tingling which indicates it is working. Apply for 20 minutes 3 times a day until gone. Don't use as an overnight treatment like this for acne as it can blister the skin...

Eggs- The proteins in eggs can be used to restore and repair hair strength. Mix one egg and one or two oils rich in moisturizing fats such as coconut or sesame then apply to the hair, and wrap. Let the mixture stay on for several minutes to an hour before removing to decrease hair brittleness.

Ashes- are one of the best traditional remedy for warts. Apply ashes freshly taken from the fireplace after they are allowed to cool, to remove a wart naturally.

Banana Peel- is another remedy that can be used for wart removal. Wrap one of the bananas peels around a wart or place a piece on with a bandage to help the Wart



dissolve. This method takes time to work as long as several weeks to several months which will require a lot of patience.

Castor Oil- can be used on both skin and hair for an excellent moisturizer. This oil can also help with constipation, menstrual disorders, and many other things when taken orally.

Because of the bad taste it has been used by parents in the past as a deterrent to a child's bad behavior.

Mayonnaise- Coating hair with this spread once a week will help restore its shine and manageability without using any other hair products. This works as long as you use the actual kind made of egg and oil. Real Mayonnaise!

Oatmeal- is not just a healthy breakfast; the beta glucan in the oatmeal may help revitalize skin. Use a washcloth with oatmeal wrapped in it and rung into a sink or bowl to apply to your face for astonishing anti-aging results.

Salt Water- helps boost your immune system when you flush your nose out with it by eliminating virus particles. Mix one quarter teaspoon salt, one quarter teaspoon baking soda, and eight ounces of warm water. Just flush a few times in the morning with a bulb syringe to obtain the desired results.



Epsom Salts- is a great element to soak your feet in. Just mix a liberal amount in warm water and get detoxing benefits. Soaking in this mixture has healing properties so any contact with the skin is beneficial. Using a liberal amount in your bath is beneficial for treating sciatica or aids

in healing of any scraps and cuts you may have.

Sea Salt- can be poured into a glass of drinking water as it can aid you in falling asleep and can help you stay that way. Remember that there is basically no difference between sea salt and table salt however, table salt is processed to remove some minerals and includes additives such as iodine salt. There is minute amount iodine in sea salt as opposed to the amount found in refined table salt.

Horseradish- In case of congestion a dose of horseradish can instantly help cure it. Though, you can also apply it to the skin to reduce acne and melasma (a skin discoloration). Horseradish has a fiery taste and is added to many seafood sauces which disguise its natural benefit and ability to be used as a natural remedy.

Fish- Healthy varieties of fish such as wild salmon, tuna, and halibut contain many cancer combating substances throughout the oil. They also contain cancer fighting selenium most abundant in these fish which can be unsafe if used as a supplement but highly useful to your body if consumed as an entrée made from the fish.

Orange Juice - same as the raw fruit contains high levels of folate and Vitamin C, and it also helps combat cancer in high doses. Overdoses of the vitamin are not possible since it is water soluble and is flushed out by the kidneys. Your body uses all it needs and gets rid of the rest. If you look carefully you can ensure to get a very healthy variety that is not overloaded with sugar by the manufacturer.

Walnuts- The antioxidants and oils in these nuts may help prevent or fend off cancer. Also substitute pistachio, pecan, and other nuts to receive similar cancer protection benefits.

Sunshine- gives you a dose of Vitamin D right from your back yard by simply exposing at least 40% of your skin for ten minutes of direct sunlight and you will have acquired the recommended daily dose.

It is not recommended to stay in direct sunlight longer than this time allotment due to the known extreme cancer risks of developing melanoma. A rare form of melanoma is what killed my brother so I know the devastation too much sunlight can cause.

Peanut Butter- is a largely unknown remedy for preventing a morning hangover after a night of drinking. Some believe it is because the wall of the stomach where

alcohol is absorbed is coded by the oils in the peanut butter. The effect is unknown. This practice is most commonly prevalent in Africa.



Tomato Juice- the last but not least of the hangover remedies, tomato juice contained in a “Bloody Mary” actually helps your body speed up the processing of alcohol, thereby speeding up the hangover process. And, of course, it works at its best when there is no vodka mixed in it.



Lemon Juice- If you are suffering from diarrhea and can't leave the house to procure an over the counter remedy, try reaching for the lemons. The juice in lemons can kill of the pathogens that cause Diarrhea. Drinking the juice of one lemon three to five times a day should do

the trick. You also can get two bangs for your buck with this as the lemon juice has great cleansing and anti-inflammatory properties.

Powdered Milk- carries the antibodies to fight and counter the effects of E. coli bacteria in the digestive tract, which may cause diarrhea and a host to other health complications. Some health food stores carry special kinds just for this miserable kind of problem.

Licorice- is great for female vagina issues like a yeast infection. Using this element can easily treat yeast infections and has a soothing effect. Pouring teaspoon of licorice powder into a pint of boiling water letting cool to body temperature and using an applicator will prove beneficial as a homemade discomfort relieving douche.

Cranberry Juice- is proven to help reduce urinary tract infections. Ensure that you buy an unsweetened, 100% juice not made from concentrate or you will get no benefits at all.

Bacteria- Friendly bacteria or probiotics in your intestines helps keep the more dangerous varieties out. A variety of probiotics high in bacteria count, bought over the

counter at your pharmacy can destroy the bad bacteria.

Oysters- As the raw oysters are frequently seen to cause more problems than they are supposed to solve, the benefits usually get overlooked. However, the zinc that is found in oysters may help hold off the flu, heal wounds, as well as increase male fertility. Due to high mercury content in them today it is not advised to ingest them raw.

Wine- The polyphenols that are found in wine essentially can act as an antibacterial instrument. They may help with every sort of minor disease from flu to diarrhea. Drinking more than one glass of red or white wine, although, may cause more harm than good.



Ice- Placing a steak on a blacken eye may cause more harm than any good as the raw meat contains high levels of bacteria which may cause an infection if there is any break in the skin. A plain old ice pack will do the trick without the chance of getting any bacteria involved and will sufficiently reduce your inflammation.

Black Strap Molasses- This slightly known healthy remedy comprises of tons of nutrients which include iron, calcium, and copper. It is said to help with all kinds of diseases such as arthritis or prevents going prematurely gray by adding pigment to hair.

Beer- studies have shown that intake of one to two glasses a day can decrease the risk of stroke and other sorts of heart disease by dilating blood vessels. The type and brand you drink doesn't really matter.

Tequila- a mere shot of tequila can do wonders for your body. According to Associated Content, a moderate amount can help with cholesterol, metabolism, and even stress. But one must be cautious as with all alcohols, addiction may well develop with daily use. It is not advisable to use this remedy if you are pregnant, nursing, or have an addictive nature.

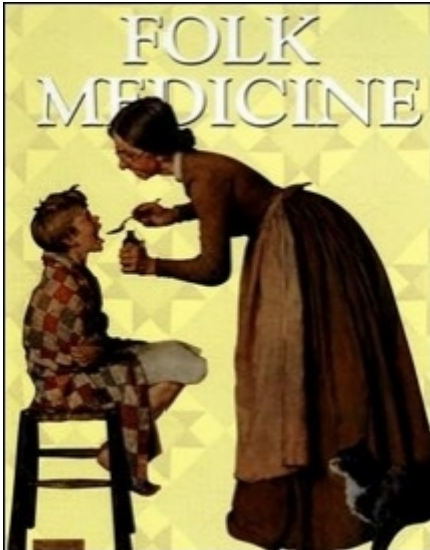
Vodka- may create a very healthy remedy traditional from the home without ever having to consume it. Use it typically to cure toothaches, neutralize jellyfish stings,

and even fight swimmer's ear. It kills most bacteria when left to soak for at least 10 minutes. It does not kill and eradicate spores like clostridium difficile or more commonly known in the medical profession as C. Diff. This is the nasty little bugger that took out my poor mother. She died in writhing pain due to an overgrowth in her intestines. The spore releases toxins, when it blossoms after lying dormant for up to 3 years that travel throughout the body. Stronger anti-spore disinfectants should be used anytime you can get them however Vodka will kill everything else. Hospitals use Glutaraldehyde which is an organic compound with chemical makeup of $\text{CH}_2(\text{CH}_2\text{CHO})_2$. Being a pungent strong smelling (will take your breath) colorless oily liquid, Glutaraldehyde is used to sterilize and completely disinfect bio-hazardous medical and dental equipment. It is also is used in the process of industrial water treatment and as a preservative in some products.

Tobacco- was used all my life by my Dad to help me when I got stung by an insect. He put a piece in his mouth and chewed it then placed it on my sting. He told me that it would draw out the poison and make it stop hurting. Guess what? It worked! People in my family used tobacco for more than just nicotine fixes; a bee sting was no match for a chew of tobacco. The easiest way to administer tobacco is to just pinch off the end of a cigarette and take the tobacco from it, wet it (with spit), and place it on the sting to relieve the pain. Normally by the next day the swelling would be gone and the sting would be just about healed.

These 100 healthy remedies that people have used for millennia are right in and around your home. Remember this book must never be interpreted as specific medical guidance. Consult with a qualified healthcare provider or doctor before making decisions about remedies or health conditions you may have. It is of the utmost importance if you have a severe illness or disease or just a chronic medical condition that you never take medicine into your own hands unless you are forced to do so. Naturally in a survival situation you should by any means keep yourself healthy and well. If this book helps you do that then we have done our job. □

Chapter 7 – Folk medicine Benefits and Criticism



Herbal medicine is not an exact science and is mostly unconfirmed through research. Only a small percentage of herbal medicine has been proven to be effective with research studies to support the claims. Check out my book on Amazon KDP that looks into the evidence surrounding the possibility the cancer can really be cured using cannabis.

Even though the history of herbal medicine delivers decades work compiled of oral and written documents handed down through the centuries most of which is anecdotal information. Methodical and scientific study of

herbal medicine is comparatively new. The U.S. Department of Health and Human Service's National Center for Complementary and Alternative Medicine (NCCAM) has only been in operation since 1992. Compared to the Federal Food and Drug Administration (FDA), which was established over 100 years ago, NCCAM has only just started its scientific research.

In spite of the disapproval of herbal medicine among typical medical authorities, it is sensible to remember that many basic drugs being used today were resultant from plant-based sources and old folk remedies. For instance, scientists initially derived aspirin from willow bark; herbalists recommend white willow for headaches and pain management. Digitalis, a drug recommended for certain heart situations, derives from an extract of highly toxic foxglove flowers. These are just several examples of why it's essential to think through the advantages and disadvantages of herbal cures and treatments before you use them. These remedies carry drug interaction just like prescription drugs do. Sometimes these interactions can be fatal. Great caution cannot be stress enough when going on a traditional medicine regiment.

Advantages

There are a numerous advantages associated with usage of herbal medicines contrasting to pharmaceutical products. Examples comprise the following:

- **Reduced threat of side effects:** Majority of herbal medicines is well accepted by the patient base in a far larger number than the ones that do not accept and use them. The main reason is there is less government control and more liberty and freedom of choice for the individual and with less unintentional adverse reactions and fatalities than pharmaceutical drugs. Herbs classically have smaller number of side effects as a whole when compared to science based medicine, and might be safer to use over the lifespan of the person. Cannabis is an herb that is being used to cure cancer and a host of other ailments. The worse side effect with using this herb in a treatment regimen is reaching a level of “high” in which a quickly dissipating form of anxiety coming over them. This only last for a few minutes.

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Effectiveness with lasting

conditions: Herbal medicines incline to be extra effective for long-lasting chronic health problems which do not react well to modern medicine. Example is the herbs and alternative medicines and remedies used to treat arthritis. Patients are achieving desired results using nothing more than a remedy that

was handed down to them from another person. Vioxx, a renowned medicine drug used to treat arthritis, was recalled due to greater risk of cardiovascular problems. Alternative treatments for arthritis, in contrast, have scarce side effects. Such treatments consist of dietary changes such as adding plain herbs, eradicating vegetables from the nightshade family and decreasing white sugar ingestion and ingesting cannabis whether raw or by extracted tincture (oil).

- **Lower cost involved-** Additional advantage to herbal medicine is lower costs. Herbs cost way much less than modern prescription medications. Research, testing, and marketing considerably add to the cost of modern prescription medicines. A new cancer chemotherapy drug in the form of a monthly shot cost in excess of \$8000.00 for one dose. This class of drug is one that the prescribing doctor gets part of the selling price for prescribing it. This is the only product that is **95% ineffective** when administered but is still used. If Wal-Mart sold us products that did not work 95% of the time Wal-Mart would not be in business. Continued use of this class of drugs for cancer treatment is directly related to the fact that the prescribing doctor gets monies just from his patients receiving it. Simple herbs incline to be economical compared to modern drugs and pharmaceuticals. The exception to this fact is the newly created legal cannabis market that is heavily taxed and government regulated there by increasing product quality but also substantially increasing its price over the “black market variety”. Hence the black market still thrives.
- **Extensive availability-** The convenient availability of herbal medicines are their another advantage. Herbs are easily available without needing a prescription if you are in a state that recently legalized cannabis use for recreation. Otherwise you would need a prescription from doctors and you could then purchase from a legal dispensary. However, outside of the cannabis controversy in the world today, one can grow several simple herbs that do not require a permit or license, for instance peppermint and chamomile grown in your home garden. In certain secluded parts of the world, herbs are the only treatment offered to the most of the people.

Disadvantages

Herbs are not devoid of disadvantages, and herbal medicine is not considered appropriate in all situations. Following are the small number of the disadvantages of herbs that must be considered;

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Unsuitable for serious conditions: Modern medicine tends to treat unexpected and severe illnesses and accidents far more efficiently than herbal or alternative medicine and treatments do. A herbalist would be unable to handle and treat

serious traumas like a broken leg, as well as appendicitis or heart attack. A herbalist can try to treat an ailment but will not be as successful as an orthodox trained medical doctor using modern diagnostic techniques and tests or surgery and drugs.

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Lack of dosage instructions: The real risk of doing yourself harm through self-dosing with herbs is another disadvantage of herbal medicine. While one may argue that similar issues might happen with medications, for instance accidentally overdosing on cold remedies, most herbs do not come with

instructions or package insertions or dosage directions. There's a quite a real danger of overdose on most herbs; however the cannabis plant is an exception. There has never been recorded overdose with this herb. It is sad that you would have to ingest 1500 pounds in a 24 hour period to get enough to overdose.

- **Poison risk accompanying the wild herbs:** Collecting wild herbs is a risky job, if not reckless, although some people attempt to identify and harvest wild herbs and playing Russian roulette. They tend to run a serious risk of poisoning themselves in case they don't identify the herb correctly, or if they use the incorrect portion of the plant. Great care must

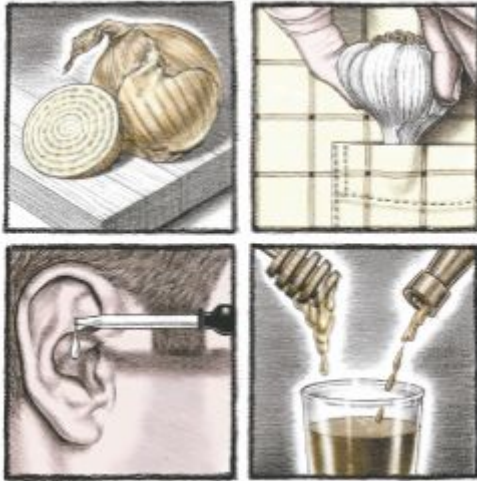
be taken when identifying herbs that have been harvested from the wild. Years of experience is needed before identification skills equate enough to be able to pick the correct species of herbs with little or no danger of making the wrong choice.

- **Medication relations:** Herbal treatments may interact with prescription medications. Nearly all herbs come with some warning, and many, like the herbs used for anxiety such as Valerian and St. John's Wort, can interact with prescription medication like antidepressants. It's important to discuss your medications and herbal supplements with your doctor to avoid dangerous interactions.
- **Lack of rules and regulation:** As herbal products are not strongly regulated, customers tend to run the risk of purchasing lower quality herbs. The value of herbal products might vary among batches, brands or manufacturers. This may makes it far more problematic to prescribe the appropriate dosage of an herb.



Although almost more than 100 countries have protocols on folk medicines there are still some risks accompanying the use of them, particularly when they are consumed without a doctor's supervision. It is frequently assumed by the public that used as medicines, herbal or natural, are considered completely safe. Consider one type of folk medicine normally used with Ayurvedic medicine is Rasa Shastra which includes the use of serious toxic heavy metals in folk remedies. Incorrect dosages and administration of these remedies can definably be hazardous to the consumer.

Chapter 8 – Methods and Practices of Folk Medicine over the Millennia



Folk medicines, traditions, and illnesses are as old as human beings. Since man became self-aware he has been faced with continual battle with the elements and disease. In order for him to manage the afflictions brought on by his environment, he tried to devise methods to decrease their severity using the plants and herbs available to him. Using trial and error, man gathered plants and other things around him and was able to concoct antidotes for all his physical and mental distresses and pain. First of all, most of the problems

were solved by hit and miss crude research and trial methods by using them on different animals to see how it affected them. This may have happened by accident and observation in the beginning, but who knows? Reactions on those animals alerted him, whether by accident or not, to whether the remedy was safe to use on humans. Over time, and much trial and error, perfection of a set of elements that alleviated symptoms and sometimes cured disease came into being, this was the first pharmacopeia used by a set of individuals. From this set of elements came the resulting birth of traditional medicine. As time passed individuals within family and tribal groups learned the skills passed down from memory by their forefathers and became more efficient in treating disease, injuries, and a host of other illness. The traditions were carried forward for generations and eventually some healing ceremonies, religious rituals and other rites were developed. Medicine became more of a religion because man did not know why he was able to heal with herbs so he attributed the success to a god of one kind or another. Most ancient cultures included some sort of sacrifice to a god as a way of thanking him/her/it. There was a healer in charge that tried to ensure the safety and health of their communities with this practice.

Most of the techniques for curing wounds and diseases have been transferred down the line for generations and because of this transfer of information, modern medicine was able to be born. Treatments which did not get into modern medical practice are now known as folk medicine or folk remedies. The illnesses not recognized by medical science became known as folk illnesses. These illnesses are known only by the cultural and ethnic groups from which they appear. They are specific to the cultural and ethnic group to which they belong and have specific causative, diagnostic, preventative, and healing practices used in that group only. These practices differ significantly from how modern medical practitioners would treat the condition. For instance, “liver grown” is a folk illness or ailment and is found largely among Pennsylvania Germans. This disease is now known as pleurisy. Pleurisy causes inflammation of the tissue lining (pleura) the lungs and inner chest wall, but in the past it was believed to be caused by the attachment of the liver to the ribs. The cure being to break this adhesion by stretching the body on a rack or having the person grab and pull up a foot to the chest or over the shoulder in the most severe cases. The disease was commonly known as liver grown--ân'gewâk'SA, lit., grown fast. Another folk remedy for this condition, when affecting a child, was to pass the child under a table to a receiving person on the other side.



We now know that this illness is found to be caused by the exposure to the strong wind and the drying out of the lung lining. (Pleural membrane loses lubrication and therefore rubs and sticks to the inner walls of the ribcage.) It is more common among children and is very painful upon inhaling or exhaling. It is also seen that this illness is caused by staying outside for a long time.

Another most common folk illness comes from the American South where a child experiences “failure to thrive”. The diagnosis was made by looking at the lower chest and seeing if it was retracting upon inhalation. The cure of this illness was the same as the German cure; they found they needed to stretch the child’s arms and legs behind their head to loosen the liver. Also another remedy to cure “liver grown” was passing the child through a warm horse collar or to rub them down with a bramble brush. So you get my point, the most important thing to

understand is there are some common symptoms for folk illnesses that are better treated by medical practitioners. In the previous example, "the thrive failure" has a specific geographical origin, and the medical connotation and treatment approach is different from that employed by those believing in "liver grown". These ailments were exactly the same but referred to and treated very different.

To understand folk medicine, researchers have noted that these remedies are often learned and passed down from parent to child, and the explanations for illness causation and treatment go hand in hand with this learning process.

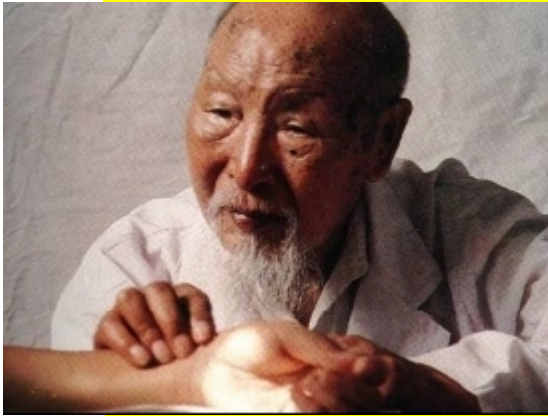
Researchers have classified folk medicine into four major categories: the patient world, the natural world, the social world, and the supernatural world.

1. First, the patient world is concerned with illnesses caused by factors that the patient has some control over, such as diet, smoking, drinking, and other lifestyle behaviors.
2. The natural world includes problems related to factors, including those caused by microorganisms, viruses, animal bites, and also environmental factors such as pollution, pollens, poisons, and natural disasters.
3. The social world covers interpersonal conflicts, including conditions caused by physical injury inflicted by one person on another, the stresses of daily living, witchcraft and sorcery.
4. The supernatural world includes illnesses caused by spirits, ancestors, or gods who have been offended through sinful behavior, the breaking of taboos, or other breaches of proper social behavior.

A variety of methods to treat illnesses have been introduced to use by Folk medicine practitioners. The list of these practitioners go by many names, including shaman, curandero, root doctor, spirit medium, herbalist, native healer, medicine man, kahuna, and other related terms. Each one of them had specific treatment approaches, which included prayer, dancing, medicinal herbs, massage, sweat baths, coining (a process of rubbing the skin with a metal coin), cupping (a treatment used to draw blood to the surface of the skin by means of a small heated vessel made of horn, ceramic, or bamboo), hot and cold foods, and other practices not considered viable treatments in modern medicine.

In early times these practitioners were considered and consulted when a family member became ill.

1. They were easily accessed and they shared the same illness causality beliefs with the ones requiring their services.



2. They were called to come to the patient any time of the day or night.
3. Today they are consulted because they make house calls and the patient does not have to go to a clinic or doctor's office which in some places may be many miles away.
4. Also the factor of payment comes in with folk healers being much less expensive than a clinic, hospital, or doctor's office visit.

Moreover, the medical practices with which these traditional healers help cure medical insurgencies have also evolved a profusion of folk healing practices. The practices are highly regarded by folk healers and some modern health practitioners. More and more conventional doctors are starting to view some folk remedies as effective, as in the cannabis cancer cure debate going on in the United States currently. These home healing practices are used to treat a variety of illnesses, including anxiety and depression, coughs and colds, burns and sunburns, bladder and kidney infections, bedwetting, bites and stings, asthma, arthritis, birthing problems, bleeding, diarrhea, fever, infertility, insomnia, skin problems, mouth and gum disorders and yes even cancer! Almost every family uses some specific type of home remedy that has been learned and passed down by older family members. Most people, instead of using modern health remedies, will use folk remedies rather than seeking conventional medical treatments whether over the counter or from a doctor. For instance, in many families have an aloe plant and break a leaf off and use it quickly treat any burns. They would do this rather than run for a burn ointment or spray down at the pharmacy. Burns should have immediate treatment to lessen its severity.

Other examples may include the use of ginseng as a sedative or nightcap tonic as an alternative to alcohol based nighttime medicines like Nyquil. This practice is directly influenced by handed down folk medical treatments. The German immigrants in United States use celery seeds to help treat rheumatism. In New England ginger is used as a remedy to treat gas or nausea. In the United States, the use of these folk

medicines surged when new immigrant groups influxed into the region and these historical practices became routine in the treatment of various medical conditions.

In folk medical practices Magic animals have also been used. There has been a practice of using different animal parts and by-products to treat certain illnesses or conditions.

1. Items such as bird nests were used to prevent headaches.
2. There was a very common practice of wearing a tooth of a mole around the neck in order to help prevent toothache.
3. The skin of a fresh muskrat was used to prevent colds.

Other animals which were regarded as having healing properties include toads, snakes, eels, and earthworms.



Prayers are also said to be a great acquaintance used in folk medicine. In Appalachian and southern culture, there are folk medicine practitioners known to be "fire doctors" who use prayers to lessen the pain of burns. The practice of using prayers to cure incidents like soul-loss or ghost sickness is very common in Native-American and Asian cultures. It has also been proved scientifically that

using prayer as a folk remedy does help people to get well or to feel better. In every culture there are evidences that using prayer as a treatment of illness and disease inculcate some value for the sufferer. It seems to me that maybe we are all electrical being and our brains are transmitters and when we collectively focus our minds on an outcome, maybe the outcome is realized. Again, who knows? Ha Ha!

There are other folk remedies that are said to be very effective. There is a folk remedy to cure/reduce vaginal yeast infections through eating of live-culture yogurt.

There is a concept of placebo effect that plays a significant part in the efficacy of a treatment. It is said that a strong belief in a certain treatment can get you positive results, even though the treatment has been disapproved scientifically. Folk remedies may sometimes have dangerous side effects just like modern medicines, which can

have serious outcomes and can be sometimes fatal. There can be errors and mistakes while preparing such remedies, as care has to be taken while deciding and measuring out the proportion of elements. The selection of plants may get wrong and can be picked along with the correct ones, which can make the remedy as lethal. There is not always a scenario where these remedies cure every kind of disease.



Some elements can be way too strong for some patients, particularly infants or those weakened by serious illness. Therefore great practice and preparation is required to use of herbal remedy recipes. Despite the fact of whether it has been purchased at a health-food store or other commercial outlet, care has to be taken while making buying decisions. Herbal remedies are not always well prepared

and may be dangerous to take. On the other hand they, if prepared correctly, may save your life.

Folk medicine/remedies go along side with modern medical practices. The basic reason behind this fact is that very often the cause of illness can be scientifically identified can plan out the most effective medical treatment techniques that should be used. It is very important to get help from those who have used and are firm believers of folk medical practices before attempting to make one yourself. They have the knowledge and experiences to know how to make the treatments. The basic crux behind Folk medicine tradition is simple in principle, it is an attempt at balancing your inner self, which is to maintain high level of harmony and stability in a person's body. The reason why folk remedies/treatments have flourished is the belief that a person is connected to the earth and the cosmos. We are all stardust. We are all members of the greater realm. By relating to our connection to the universe, it is very important and in order to use what was given (or dropped on us by chance) to cure any disease with the resources of this earth. Therein lays another story! The magical earth and all her properties should be utilized and renewed. Great care should be taken of her!

Chapter 9 – Traditional Folk medicine Vs. Modern Medicine

In the recent years a great shift has been observed from modern medical treatments towards the use of herbal folk remedies. There are several reasons behind this shift as modern medicines are costly and can have severe side effects. This alone is enough to have many led to adopt herbal medicine as an alternative. It has also been shown by a number of statistics that in Western countries a new trend has emerged and more people are now taking herbal treatments than ever before. This intern has caused an industrial shift to increasing their production of herbal products.



Modern Medicine

We cannot deny the fact that modern medicines are highly effective in preventing and curing many diseases. There are certain diseases that have been in existence for the last 150 years and all have been proved as fatal. The introduction of modern medicine has now made it easy to treat and cure all of them and it has helped

individuals to maintain a healthy and longer life.

Apart from these positive aspects there are also negative aspects of modern medicine. Modern medicines are manufactured in a lab and contain synthetic petroleum materials. Putting them in the body may cause long lasting negative effects.

There have been cases reported that have led to serious medical conditions and injury despite the advantages to the user. In severe cases, these medications were taken without a doctor's prescription which led to severe problems including death. Modern pharmaceuticals should always be taken in supervision of a certified physicians or other qualified professional.

According to recent report, several deaths have been caused in United States by prescription drugs. The report focused on research that said a very large number of people died because of the complications incurred from taking synthetic medications.

The other major disadvantage of using modern medication is its price. Medicines are very costly and cannot be afforded by most people of the world. Due to their synthetic properties, they have been over priced immensely; so much so that people living in prosperous nations like the United States, can't even afford purchase them.

The statistics have proved that if we calculate the average income of roughly half the world's population it is around \$2 per day, it is easy to see why modern medicine is not a feasible decision for most of the people. Only the rich can really afford it.

Another reason why modern medications are not encouraged is instead of curing the disease they emphasizes on just curing the symptoms. This becomes a problem for the user, because they carry a disease that can come back anytime in the future. Cancer being one mentioned can be completely cured as evidence suggest, by simply



using cannabis as a treatment. Curing symptoms can only benefit the manufacturer of such medicines, but for the user it is not so beneficial.

Herbal Medications/Folk Remedies

Herbal medications/Folk remedies have been in use for centuries, and have started trending up in usage due to their health benefits and long term curing potential. These remedies give a method of access to a wide variety of chemical compounds associated with different biological functions. They also help in prevention of attack from insects, fungi and many other things. These phytochemicals are known to have long term beneficial effects on a person's health. They are considered an effective way of treating various human diseases.

Phytochemicals are divided into two categories;

1. First phytochemical is a primary metabolite such as sugars and fats, which are found in nearly all plants.
2. Second phytochemical is a secondary metabolites, which are compounds that can be found in specific range of plants, with a precise set of functions.



When it comes to the functions perspective, herbal medicines are similar to those of conventional drugs, which make herbal medicines as effective as conventional medicines. It also gives them the same likelihood of causing harmful side effects as in case of conventional drugs.

In Europe, apothecaries used to stock herbal ingredients for their medicines. In the Latin names for plants created by Linnaeus, the word *officinalis* indicates that a plant was used in this way. For example, the marshmallow has been known as classification *Althaea officinalis*, because it was used to cure ulcers in previous times and was regarded as emollient soother. The other examples of medical practices that add in medical uses of plants constitutes of Ayurveda, herbal medicine and Chinese medicine.

With advanced techniques and methods the use of plants ingredients in modern medicine has been extracted to the use active ingredients of plants rather than the whole plants. The phytochemical from the plant is synthesized, compounded and



transformed to make pharmaceuticals. Some of the examples of such derivatives include Digoxin, from digitalis; capsaicin, from chili; Marinol from cannabis, and aspirin from alkaloids.

Herbal medications a natural alternative to modern medications has been in use for thousands of years.

This practice has evolved over the ages and practitioners and herbalists from different cultures have made significant contributions to knowledge in the field of medicine. This knowledge has been a great source of help and has produced a very impressive outcome.

In this field major contributions are from Chinese, Indians, and Arabs, who have produced a catalog of herbs and their abundant uses. This information has been instrumental in being a great source of help in treating hundreds of ailments, both common and the more serious.

We have seen people questioning the effectiveness of herbal medications and remedies, as they quote facts from past about people dying because of common disease but the fact is, in previous times, people did not pass on this knowledge to everyone. One thing that should be remembered is that herbal knowledge was often kept secret from the masses! Throughout history such knowledge was only shared by a reserved class of people who were mainly "priest" class. Much like the pharmaceutical companies of today, most if not all of the recipes for compounds are closely guarded.

There is not an accurate way to measure or analyze the effectiveness of the use of herbs and folk remedies. The use of these medicines, each in their own respect, whether it is one of the modern medications or one of the herbal medications, have gained in popularity and then diminished over time and trends of usage then spike again. Circumstances that have arisen in the past and will continue to arise in the future that contribute to the up and down trends in usage of the different types of treatments. The willingness of the people to stray from mainstream medicine and move into more traditional means of healing because of the benefits is seeking out a more natural approach. They are healing themselves with some great success s.

Such as the claims that people have seen great success with cannabis curing their cancer is a good example.

[Check out my book that takes a hard look at the evidence surrounding this controversy.](#)

Although research in a hospital in Israel has proved the effectiveness of many of the strains of herbs, the use of them is illegal in the US on a national level. This is due to its stance that there is no medical benefit from cannabis use, which is clearly NOT the case. When you look at history and generalize the facts considering the way that they were used, then looking at the fact that these remedies have been in use for thousands of years in some cultures... It is VERY easy to see why people want to use these herbs as a medicine and there is mounting evidence to prove this fact. There are so many claims of healing that this cannot be a placebo effect. No matter what argument the opposition to changing this important position by the United States has, their argument should not be considered since clearly there is evidence that herbs are effective as medicine. The public should have the liberty to choose an herb to treat an illness just because they believe they will benefit from its use and if they feel it must be effective. There is too much evidence pointing to their effectiveness to continue to deny the public access.

Another important point is that most people use herbs because of the lack of side effects. The only side-effect that one may experience can be due to disproportion of materials used in herb medicines that can be due to over measuring of ingredients used. This is not true with most natural herbs such as cannabis. On a lighter note all these are natural side effects as compared to the side effects which come from synthetic medications are mild and rarely fatal. There has never been a recorded overdose of cannabis consumption as of this writing. We bet there never will be.

Recent poll results



People from different classes and backgrounds were selected by a healthcare department which conducted a survey to analyze the use of modern medicines and folk remedies. The result of the poll suggested folk remedies to be a better source of curing diseases as compared to modern medicines!!! In this poll outcome 52% people voted in favor of folk remedies where as 48% said favored

continued use of modern medication. According to a vast majority of the participants, modern medications were signified as being inorganic and contain chemicals, which if put in a human body may have diverse unexpected reactions and can even cause long term damage from side effects. The modern medicines are said to have a “multiplier effect” as they don’t cure the root cause of the disease treat the symptoms or treat the cause to slow it down but not completely. The different affects that can occur with modern drugs can cause you to make another visit to the doctor who then prescribes other drugs for treatment, and this loop continues.

Herbs used in folk medications are regarded as safe; though outcome is not guaranteed to be positive and there is evidence that it will. Use of herbs sometimes takes a long to for the positive effects to immerge but when they do they last for a long time. Herbal medication also helps in protecting your organs. There is some evidence that users who have had devastating effects from antibiotics benefit from herbal use. An herbal medication helps the human body to maintain the desired level of acid base balance or PH and HCO_3 . There needs to be much more research into the benefits of herbal medicine, however big pharma will fight this every step of the way. They profit from you remaining sick. Do not put your faith in modern medicine because they want to profit from you as long as you are here. Sickness is big business!!!

Conclusion



Healthcare and modern medication is getting expensive day by day. Getting an appointment with the doctor for just a cold or the flu is very expensive. The Grandmothers and Grandfathers of our history spoke the wisdom of their ancestors to us. Because of tradition our families discovered uses for herbal remedies that were passed down

to them. These amazing uses of herbs, spices, fruits, vegetables and other things to cure minor diseases will continue well into the future. All herbs should be legal for consumption as medicine for self-treatment options. It's only a plant!

Nowadays, as the world is advancing, diseases are becoming more resistant and diagnosis is becoming more complicated as well. In early times, although the mortality rate was extremely high, patients did not have to undergo side effects of medications provided to them. Antibiotics were not invented so the death rate from infection was quite high. This is one of the major reasons they considered using folk remedies in modern times because they fared so well back then. Traditional medication doesn't induce side effects, it is that simple. Cannabis is a miracle plant with thousands of medical uses. Folk medicine is still believed in and is still being practiced in this day and age. I am sure the "powers that be" will come to their senses and stop prohibition of cannabis on a national level on day. Hopefully, they will not wait too long as we believe that there is a cure for cancer right under our noses. Legalize it for the dying!

There is no denying it, even the doctors of our modern age are aware of the effectiveness and handiness of the old remedies. There are even some of doctors that recommend to their patients use of some of these remedies (where legal) instead of taking conventional medication. Many doctors are starting to move back into the holistic approach to medicine as the outcomes and benefits are far greater for the patient. Do No Harm!

All of these herbs and spices are stored in our home for regular uses in food or are planted in our garden and we don't even know that they have these amazing qualities. There are very simple applications of these herbs and spices which can result in the prevention and cure of some major diseases like cancer. I am not only talking about cannabis in this case.

Currently these remedies are being made using the most appropriate and modern techniques. They are labeled and



channeled to the consumer under the category of health and well-being or alternative medicine. The use of herbs in Homeopathy provides the people the most advanced of folk medicines which have no side effects and create balance in the body.

These remedies and elements can do wonders in curing diseases like warts, boils, allergies and so on without any side-effects. Since the elements are of natural components they have absolutely no adverse effect on the human body.

Considering all the comparisons presented here between modern and folk medications, it would be a wise approach to use both. Unless you are like me and take the holistic approach to healing and use no pharmaceutical medications. I believe you should utilize herbs and folk remedies to their fullest so you can acquire the best of results in your treatment to cure yourself. So live long and prosper! Go ahead and grow your own herbs, utilized the food pantry for spices and nuts, grow vegetables and fruits or buy them fresh, but cure your petty diseases through home remedies. Don't let someone or some government rob you of your healing. These healing properties that you were blessed with by your ancestors will work for you. But, again, consult your physician and then employ the remedies according to their legality and availability. It's better to be cautious when proceeding than full of regret. Do not lose faith on home remedies. Move to a state where they are legal and get the treatment you need. The longer you wait the less the chance you have of the herb treatments being able to work for you.



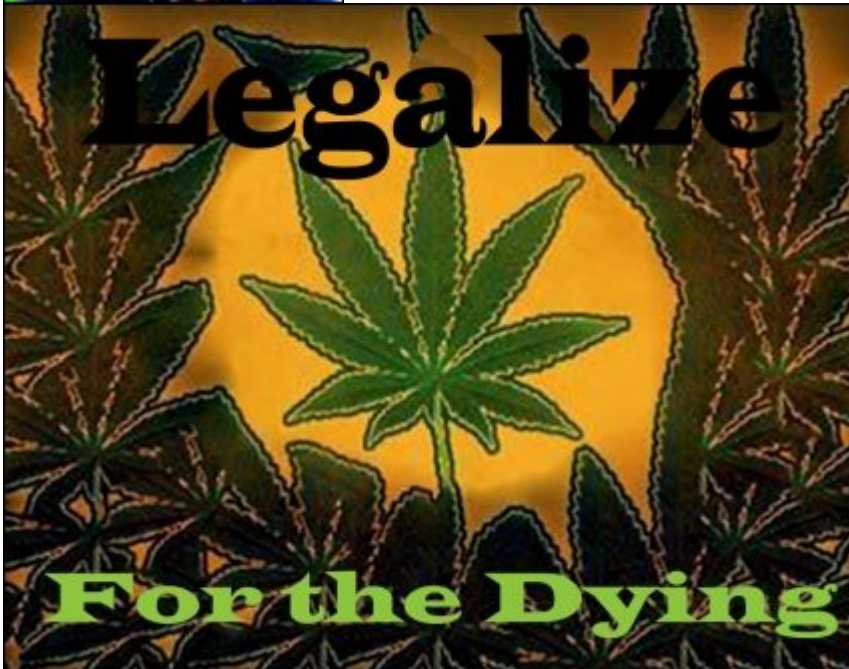
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King Cajun is a Simple Man;



He's living in a Simple Land;
Trying to Help the Dying;
With his Simple Plan;

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